

Abstrak

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Implementasi Teknik Relaksasi *Deep Tissue Massage* Dengan masalah Keperawatan Nyeri Akut Pada Post *Sectio Caesarea* Atas Indikasi Preeklamsia Berat.

92 Halaman + 1 Gambar + 14 Tabel

**ABSTRAK**

**Latar Belakang :** Masalah yang sering ditemukan pada pasca operasi adalah masalah sirkulasi, masalah saluran kemih, masalah luka, masalah gastrointestinal, dan masalah keamanan kenyamanan. Pembedahan dapat menimbulkan nyeri pasca operasi pada klien, nyeri ini biasanya dirasakan 12 sampai 36 jam setelah pembedahan. Nyeri akibat pembedahan pada daerah abdomen (perut bagian dalam) sekitar 60% pasien menderita nyeri berat, 25% nyeri sedang dan 15% nyeri ringan. Salah satu pembedahan yang menimbulkan nyeri akut adalah *sectio caesarea*. *Sectio Caesarea* merupakan persalinan buatan dimana janin dilahirkan melalui sayatan pada dinding perut dan dinding rahim dengan sayatan rahim dalam keadaan utuh dan berat janin diatas 500 gram. Salah satu indikasi dilakukan *sectio caesarea* adalah preeklamsia berat. Pasien preeklamsia yang menjalani persalinan SC tidak begitu saja bebas setelah melakukan operasi SC, banyak masalah keperawatan yang dialami salah satunya nyeri akut. Mengatasi masalah tersebut, tenaga kesehatan perlu mempertimbangkan terapi non farmakologis yang dapat menurunkan rasa nyeri pasien post operasi dengan *deep tissue massage*. **Tujuan :** Melaksanakan intervensi teknik relaksasi *deep tissue massage* dengan masalah keperawatan nyeri akut pada post *sectio caesarea* atas indikasi preeklamsia berat. **Metode :** Desain Penelitian ini adalah studi kasus. **Hasil :** Berdasarkan evaluasi yang dilakukan selama 3 hari didapatkan hasil yaitu nyeri akut yang dirasakan oleh klien 1,2, dan 3 menurun berarti terapi relaksasi *deep tissue massage* pada klien 1,2, dan 3 yakni efektif. **Kesimpulan :** Pasien tampak rileks dan rasa nyeri menurun setelah diberikan terapi relaksasi *deep tissue massage*.

**Kata Kunci :** *Deep Tissue Massage*, Nyeri Akut, Post *Sectio Caesarea*, Preeklamsia Berat.

*Abstract*

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*Implementation of Deep Tissue Massage Relaxation Technique with Nursing  
Problems of Acute Pain in Post Sectio Caesarea for Severe Preeclampsia.*

*92 pages + 1 Picture + 14 Tables*

**ABSTRACT**

**Background:** Problems that are often found postoperatively are circulation problems, urinary tract problems, wound problems, gastrointestinal problems, and safety and comfort problems. Surgery can cause postoperative pain in clients, this pain is usually felt 12 to 36 hours after surgery. Pain due to surgery in the abdominal area (inner abdomen) about 60% of patients suffer from severe pain, 25% moderate pain and 15% mild pain. One of the surgeries that cause acute pain is sectio caesarea. Sectio Caesarea is an artificial birth where the fetus is born through an incision in the abdominal wall and uterine wall with the uterine incision intact and the fetus weighing above 500 grams. One of the indications for sectio caesarea is severe preeclampsia. Preeclampsia patients who undergo SC delivery are not just free after having SC surgery, they experience many nursing problems, one of which is acute pain. Overcoming this problem, health workers need to consider non-pharmacological therapy that can reduce postoperative patient pain with deep tissue massage. **Objective:** Implement deep tissue massage relaxation technique interventions with acute pain nursing problems in post sectio caesarea for indications of severe preeclampsia. **Methods :** Design This research is a case study. **Results:** Based on the evaluation carried out for 3 days, the results showed that acute pain felt by clients 1, 2, and 3 decreased, meaning deep tissue massage relaxation therapy for clients 1, 2, and 3 was effective. **Conclusion:** The patient looked relaxed and the pain decreased after being given deep tissue massage relaxation therapy.

**Keywords:** Deep Tissue Massage, Acute Pain, Post Setio Caesarea, Severe Preeclampsia.